DEEPCARE

AT-HOME KIT

Omega-3 + Vitamin D

A finger-prick dried-bloodspot kit that measures your Omega-3 Index, the full 25-fatty-acid profile, and 25-hydroxy-vitamin D in a single sample. The most validated single-marker we offer.

PRICE	TURNAROUND	SAMPLE
CHF 149	21 ±5 days	Dried bloodspot

WHAT THIS MEASURES

26 markers and 4 derived indices, in one bloodspot.

A drop of blood from a finger-prick captures the fatty-acid composition of your red blood cell membranes. A four-month integrated record of what you have actually eaten and absorbed. The same spot is used to measure 25-hydroxy-vitamin D, the standard clinical assay. OmegaQuant has run this panel on over a million samples worldwide; the Omega-3 Index is among the best-validated single biomarkers in cardiovascular and longevity literature.

Omega-3 Index	The EPA + DHA percentage of red blood cell fatty acids. Values above 8% are associated with the lowest all-cause mortality across multiple prospective cohorts (Harris et al. 2018 onwards).
Full fatty-acid profile	25 individual fatty acids across omega-3, omega-6, monounsaturated, saturated, and trans-fat families. The shape of the profile matters as much as any single value.
Critical ratios	AA:EPA and Omega-6:Omega-3 ratios. The structural inflammation balance. Targets of 2.5–11 for AA:EPA and 3–5 for Omega-6:Omega-3.
Vitamin D status	Same bloodspot, 25-OH-vitamin D in ng/mL. Desirable range 30–50, optimal around 40 for most adults in Swiss winters.

WHAT THE REPORT LOOKS LIKE

Every fatty acid, both indices.

Each fatty acid shows as a percentage of total. The Omega-3 Index and AA:EPA ratio sit at the top as the headline numbers. Below is the complete 26-marker panel for a representative sample, not a real patient. Typical of a Swiss adult eating fish two times a week, supplementing 1 g of EPA+DHA daily, and spending winter at latitude 47°N without supplementation.

Within desirable range · Approaching threshold · Outside desirable range

Headline indices

Omega-3 Index (O3I)	5.8%	8 – 12 %	
AA : EPA ratio (AA:EPA)	9.1:1	2.5 – 11 : 1	
Omega-6 : Omega-3 (6:3)	5.8:1	3 – 5 : 1	
Trans Fat Index (TFI)	0.42%	< 1.0 %	

Vitamin D

25-hydroxyvitamin D (D2 + D3) (25-OH-D)	28 ng/mL	30 – 50 ng/mL	

Omega-3 fatty acids (% of total)

Alpha-Linolenic (ALA)	0.42	0.10 – 1.90	
Eicosapentaenoic (EPA)	1.20	0.14 – 6.92	
Docosapentaenoic n-3 (DPA)	1.85	0.53 – 2.81	
Docosahexaenoic (DHA)	4.60	1.00 – 6.50	

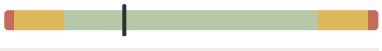
Within desirable range Approaching threshold Outside desirable range

Omega-6 fatty acids (% of total)

Linoleic (LA)	21.4	14.0 – 31.3	
Gamma-Linolenic (GLA)	0.18	0.05 – 0.72	
Eicosadienoic (20:2n6)	0.22	0.10 – 0.43	
Dihomo-γ-linolenic (DGLA)	1.40	0.50 – 2.50	
Arachidonic (AA)	10.92	5.0 – 14.8	
Docosatetraenoic (22:4n6)	1.20	0.30 – 2.50	
Docosapentaenoic n-6 (DPA n6)	0.32	0.08 – 0.83	

Within desirable range · Approaching threshold · Outside desirable range

Monounsaturated fatty acids (% of total)

Palmitoleic (16:1n7)	0.55	0.13 – 2.90	
Oleic (18:1n9)	18.2	14.2 – 29.5	
Eicosenoic (20:1n9)	0.32	0.10 – 0.77	
Nervonic (24:1n9)	0.95	0.13 – 1.96	

Saturated fatty acids (% of total)

Myristic (14:0)	0.62	0.10 – 2.45	
Palmitic (16:0)	22.4	17.5 – 27.1	
Stearic (18:0)	12.8	8.40 – 15.0	
Arachidic (20:0)	0.28	0.10 – 0.53	
Behenic (22:0)	0.95	0.20 – 1.59	
Lignoceric (24:0)	1.10	0.20 – 1.92	

Trans fatty acids (% of total)

Trans Palmitoleic (16:1n7t)	0.12	< 0.50	
Trans Oleic (18:1t)	0.18	< 0.40	
Trans Linoleic (18:2n6t)	0.14	< 0.60	

HOW TO READ THE CHART

Five things to notice.

Most lab reports focus on the absolute fatty-acid values; OmegaQuant reports indices and ratios because that is what the cardiovascular literature actually uses. These are the orientation cues.

1. **The Omega-3 Index headline. Above 8%** is the target validated against all-cause mortality in prospective cohorts. **4–8%** is the "intermediate" zone. Most Swiss adults sit here without supplementation.

2. **The AA to EPA ratio. 2.5:1 to 11:1** is the desirable range. A ratio of **20:1 or higher** indicates a strongly inflammatory fatty-acid profile and is one of the few lab numbers that responds directly to two to three months of supplementation.

3. **The Omega-6 to Omega-3 ratio. 3:1 to 5:1** is desirable. Modern Western diets typically run **15:1 or higher**. The fastest way to move this number is reducing seed oils and adding marine omega-3, not increasing plant omega-3 (ALA) alone.

4. **The Trans Fat Index. Below 1%** is the target. Above 1.5% suggests regular intake of partially hydrogenated oils or industrial baked goods. Uncommon in Switzerland post-2018 trans-fat regulations but still possible.

5. **Vitamin D in context. 30–50 ng/mL** is the consensus desirable range for most adults. Below 20 ng/mL is deficient. The Swiss winter without supplementation typically lands adults at 15–25 ng/mL.

ACTING ON RESULTS

Most omega-3 results respond in 90 days.

The Omega-3 Index moves with surprising precision when you change intake. The OmegaQuant team published the standard dose-response curve: to raise the index by 1 percentage point you need roughly 1 g of combined EPA + DHA daily for about three months. Vitamin D moves on a similar timescale at 2000–4000 IU daily.

- If the Omega-3 Index reads below 4%, 1.5–2 g/day of EPA + DHA from a triglyceride-form supplement is the typical starting dose. Recheck in 90 days.
- If the AA:EPA ratio is above 20:1, the issue is both low omega-3 and high omega-6. Adding fish oil alone helps but reducing seed oils (sunflower, safflower, soybean) accelerates the shift.
- If vitamin D is below 20 ng/mL in winter, 3000–4000 IU/day for two to three months then a maintenance dose; if there are absorption concerns (gut symptoms, IBD history), a Health Map call is worth adding to assess whether higher doses are needed.

> *The Omega-3 + Vitamin D kit ships with a written interpretation. A 30-minute Health Map call (CHF 49) can be added at order if you would prefer to talk it through.*

COLLECTION AT HOME

Four steps. Five minutes.

The collection device is a small finger-prick lancet supplied in the kit. Pre-warming your hand for a minute under warm water makes the drop easier. The actual spotting takes seconds; the rest is waiting for the card to dry.

STEP 01

Warm and clean

Wash your hands in warm water for about one minute, then dry. The warmth opens capillaries so the drop comes easily. Use the supplied alcohol wipe on the side of your ring finger.

STEP 02

Lance and spot

Press the lancet against the side of your fingertip. Massage the finger to coax a hanging drop and let it fall onto the spot ring on the bloodspot card. Repeat for each ring. Usually 3–4 drops total.

STEP 03

Dry for 3 hours

Lay the card flat at room temperature, away from sunlight, for at least three hours (overnight is fine). Do not stack anything on top or wrap it before it dries.

STEP 04

Seal and ship

Slide the dried card into the supplied desiccant pouch, place in the return envelope, and post via DHL using the prepaid label. No refrigeration needed once dried.

ABOUT THE METHOD

GC-FID at OmegaQuant.

The lab is OmegaQuant in Sioux Falls, South Dakota. The fatty-acid panel is measured by gas chromatography with flame-ionisation detection (GC-FID), the reference method for fatty-acid composition of red blood cell membranes. The 25-OH-vitamin D assay is a standard immunochemiluminescence method.

OmegaQuant was co-founded by Bill Harris, the researcher who developed the Omega-3 Index in 2004. They have run the panel on over a million samples and publish reference ranges based on real population data, not theoretical thresholds. The lab is CLIA-certified for clinical use.

Harris et al. JACC 2018 and subsequent replications (FORCE consortium 2021, Curr Opin Clin Nutr 2025), Omega-3 Index above 8% associated with the lowest all-cause and cardiovascular mortality across pooled prospective cohorts.

What this does not show

The fatty-acid panel reports composition, not intake. Supplementation effects are visible only after about 90 days. Vitamin D measurement is total 25-OH-D, not free 25-OH-D or 1,25-dihydroxy-D; in vitamin D binding protein disorders the total may not reflect bioavailable levels. HbA1c, often bundled with this panel elsewhere, is not included in the Swiss Deepcare configuration.

WHAT HAPPENS NEXT

Four steps from order to results.

TODAY

Order on deepcare.ch

Pay through the Stripe checkout linked from /kits. Confirmation arrives by email within minutes.

WITHIN 3 WORKING DAYS

Kit ships

A small envelope arrives with the bloodspot card, lancet, alcohol wipe, desiccant pouch, instructions, and the prepaid DHL return label.

ONE MORNING

Collect and ship

Warm, prick, spot, dry, post. About five minutes plus three hours of passive drying.

21 DAYS AFTER ARRIVAL

Written interpretation

We send you the OmegaQuant report and a one-page Deepcare interpretation summarising what the indices mean and what changes typically follow. A Health Map call can be booked separately at CHF 49 if you want to discuss.

Order this kit

deepcare.ch/kits